



## Join our fundraising challenge!

Join LimbPower for an exciting fundraising challenge everyone can take part in and become part of the community. Anyone can join in, amputees, people with limb difference, family members, friends, carers, healthcare professionals and teachers.

Running between 1st March 2019 and 8th June 2019 LimbPower are asking our supporters to raise £100 for the charity by organising a fundraising activity. This can be any activity of your choice from organising a coffee morning to running a marathon.

You can raise the funds in your own creative way, choose from the 100 ideas we have listed or you can take part in one of the four LimbPower challenges. There is something for everyone.

What is great about this challenge is there are **no entry fee** to take part and **no fundraising targets**, simply raise what you can or make a donation to take part. LimbPower are asking all fundraisers to aim for a fundraising target of £100.

All fundraisers who have raised funds for LimbPower or who have demonstrated that they have completed their chosen challenge will receive a certificate of achievement.

You can register online by completing the booking form  
[www.limbpower.com/index.php/events/ome-100-people-100-pounds-100-days](http://www.limbpower.com/index.php/events/ome-100-people-100-pounds-100-days)

Don't forget to download our 100 fundraising ideas document.

Can't think of anything to do, why not take part in one of our four challenges:

- **Virtual Channel (swim)**
- **Virtual Marathon (run or walk)**
- **Virtual Tour of Britain (cycle)**
- **Couch to 5K (run or walk)**

Please call our team and we can tell you all about the campaign and why it matters.

Children and families call Carly on: 01453 886940 or email: [carly@limbpower.com](mailto:carly@limbpower.com)

Adults and healthcare professionals call Kiera on: 07968 760001 or email: [kiera@limbpower.com](mailto:kiera@limbpower.com)

## Thank you

### VIRTUAL CHANNEL (SWIM)

<b>What you could do?</b>	<b>Swim 21 miles, the total distance of the English Channel over a month in your local pool.</b>
<b>Useful resources</b>	<b>Pool finder: <a href="http://www.swimming.org/poolfinder/">www.swimming.org/poolfinder/</a> <a href="http://www.nhs.uk/live-well/exercise/swimming-for-fitness/">www.nhs.uk/live-well/exercise/swimming-for-fitness/</a></b>
<b>Training plans</b>	<b><a href="http://www.swimbritain.co.uk/preparation/training-programmes">www.swimbritain.co.uk/preparation/training-programmes</a></b>
<b>Apps to record your distance</b>	<b>SwimIO (You can set this to swim the English Channel), MySwimPro, TrainingPeaks, Swim.com, Swimmio</b>
<b>Sponsorship form</b>	<b>Contact Carly or Kiera (see page 1)</b>

### VIRTUAL MARATHON (RUN OR WALK)

<b>What you could do?</b>	<b>Run or walk 26.219 miles (42,195 kilometers) the equivalent of the London Marathon over a month.</b>
<b>Useful resources</b>	<b><a href="http://www.limbpower.com/index.php/resources/publications/running-guide-amputees">www.limbpower.com/index.php/resources/publications/running-guide-amputees</a> <a href="http://www.runtogether.co.uk/running-support/tips-advice/">www.runtogether.co.uk/running-support/tips-advice/</a> <a href="http://www.nhs.uk/live-well/exercise/running-tips-for-beginners/">www.nhs.uk/live-well/exercise/running-tips-for-beginners/</a> <a href="http://www.limbpower.com/resources/">www.limbpower.com/resources/</a></b>
<b>Training plans</b>	<b><a href="http://www.runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/">www.runnersworld.com/uk/training/5km/a760067/six-week-beginner-5k-schedule/</a></b>
<b>Apps to record your distance</b>	<b>Running: Strava, Pacer, TrainingPeaks, Runkeeper, Run with Map My Run, Runtastic, iSmoothRun, Nike+ Walking: Map My Walk, Walkmeter Walking and hiking GPS, Argus by Azumio, Fitbit App Mobile Tracker, Endomondo, Virtual Walking</b>
<b>Sponsorship form</b>	<b>Contact Carly or Kiera (see page 1)</b>

### VIRTUAL TOUR OF BRITAIN (CYCLE)

<b>What you could do?</b>	<b>The idea is to cycle, handcycle or push 826 miles (1313.4 kilometers), the distance of the Tour of Britain over two or three months.</b>
<b>Useful resources</b>	<b><a href="http://www.limbpower.com/index.php/resources/publications/limbpower-cycling-guide">www.limbpower.com/index.php/resources/publications/limbpower-cycling-guide</a> <a href="http://www.britishcycling.org.uk/cycletraining">www.britishcycling.org.uk/cycletraining</a></b>
<b>Training plans</b>	<b><a href="http://www.britishcycling.org.uk/knowledge/training-plans/beginners/article/izn20is1222-beginners-weeks-1-8-of-sofa-to-50km-training-plan-o">www.britishcycling.org.uk/knowledge/training-plans/beginners/article/izn20is1222-beginners-weeks-1-8-of-sofa-to-50km-training-plan-o</a></b>
<b>Apps to record your distance</b>	<b>Strava, TrainingPeaks, Strava, MyWindsock, Bike Computer, Wahoo fitness, Garmin Connect, Map My Ride</b>
<b>Sponsorship form</b>	<b>Contact Carly or Kiera (see page 1)</b>

### COUCH TO 5K (RUN OR WALK)

<b>What you could do?</b>	<b>Walk or run 5K in one after training for two or three months. This challenge is for complete beginner who want to increase their fitness.</b>
<b>Useful resources</b>	<b><a href="http://www.limbpower.com/index.php/resources/publications/running-guide-amputees">www.limbpower.com/index.php/resources/publications/running-guide-amputees</a> <a href="http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a> <a href="http://www.nhs.uk/live-well/exercise/running-tips-for-beginners/">www.nhs.uk/live-well/exercise/running-tips-for-beginners/</a></b>
<b>Training plans</b>	<b><a href="http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a></b>
<b>Apps to record your distance</b>	<b>Couch to 5K, Strava, TrainingPeaks, Endomondo, Runkeeper, Runtastic, Nike+ Run Club, Map My Run</b>
<b>Sponsorship form</b>	<b>Contact Carly or Kiera (see page 1)</b>